

Hot weather hummus

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Ingredients:

1½ cups cooked chickpeas, drained (or, 1 16-oz can)
¼ cup olive oil
3 tablespoons fresh lemon juice
1 clove garlic
¼ tsp ground cumin
¼ tsp salt
¼ tsp fresh ground black pepper
1 cup cucumber, peeled, seeded & diced into ¼ inch cubes
¼ cup minced fresh mint (can also use fresh cilantro or parsley)
Pita bread, cut into squares, or carrots, to dip

Instructions:

In a food processor or blender, combine chickpeas, oil, lemon juice, garlic, cumin, salt and pepper. Cover and process until smooth. Transfer to a medium bowl and add cucumber and mint. Serve at room temperature with pita or veggies.

Per tablespoon serving: 27 calories, 1 gm protein, 2 gm carbohydrates, 2 gm fat, 0 gm saturated fat, 0 mg cholesterol, 59 mg sodium